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## CACFP Staff

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## Congratulations Darrough Chapel!

Congratulations to the first Child and Adult Care Food Program (CACFP) award winner, Darrough Chapel Early Learning Center! Thomasa Butler is the lead kitchen manager at Darrough Chapel Early Learning Center in Kokomo, and was able to help the afterschool program earn a Gold level award. Thomasa successfully implemented a nutritious four-week snack schedule for the program, modified the school wellness plan, and added nutrition education materials for both the kids and parents.

Thomasa found that the most challenging part of reaching the award requirements was paying attention to the detailed menu guidelines. She had to limit certain snacks such as cereal bars because they contained too much sugar per serving. Additions to the menu included bowls of low-sugar cereal and milk, fresh fruits and vegetables, and whole grains making the snacks more nutritious. The kids at Darrough Chapel love their new menu items and especially enjoy the fresh fruits and soy nut butter sandwiches. Thomasa started the new snack menu at the beginning of the school year, which helped the kids adapt to the changes.

To meet the physical activity requirements, Darrough Chapel pre-schoolers have many creative ways to keep moving. "Get a Move On" (GAMO) was a program started



three years ago to keep kids active throughout the day. The pre-school has found unique ways to get kids out of their seats by having short dance breaks in between activities. This is just one of the fun ways Darrough Chapel is helping the children add physical activity to their day.

Another important aspect of CACFP is to provide parents with nutrition education materials. Thomasa adds a "Monthly Tidbit" on the snack menus to give parents a short nutrition message. Food demonstrations and educational

sessions are offered to parents a few times a year. Flyers are also sent home with kids to encourage healthy eating outside of the school.

Thomasa encourages other programs to aim for the gold. Although it was

challenging at times to meet the requirements, Darrough Chapel is very happy with their achievement. When asked what advice Thomasa would give to another program Thomasa said, "Stick with it. Everyone has an opportunity to get on board, you just need to reach for it."

Contributed by Kristyn Burke, Purdue Dietetic Intern

To learn more about how to apply for a CACFP Award, visit: [www.doe.in.gov/cacfp](http://www.doe.in.gov/cacfp) and click on the orange award logo.



“These small things — nutrition, place, climate, recreation, the whole casuistry of selfishness — are inconceivably more important than everything one has taken to be important so far.”  
~ Friedrich Nietzsche



Christina Herzog  
Claims & Reporting Specialist

## Special Dietary Needs Training

The Child and Adult Care Food Program would like to make more training available to you. We are trying out an online training program called Moodle for use with more CACFP trainings. This is the same program we use to deliver your annual civil rights training. Once you log in, you can scroll to the bottom of the page to find the Child and Adult Care Food Program section.

The first training we will add is a series on special dietary needs. There will be three trainings posted. You can take only one or two of them, or all of them. For each training that you take and pass with a score of 80%, a certificate will appear for you to print.

The special dietary needs series includes:

1. An Overview
2. Celiac Disease
3. Diabetes

These trainings should be available next week. At that time you can access them by visiting <http://moodler.doe.in.gov/>. You will use the same log-in that you use to access the civil rights training.

For questions about Moodle, contact Heather Stinson at [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov) or 317-232-0869.

## Staff Spotlight: Christina (Tina) Herzog

**Tina Herzog**, joined the School and Community team in April, 2011. With a Bachelors Degree in Business and an employment background in schools and government, Tina found her niche in the Child Nutrition Program in Arizona as Food Distribution Program Director. A Michigan native, Tina and her husband relocated to Arizona for 6 years, but then discovered they missed the beauty (and rain, believe it or not) of the Midwest. Still wanting to try something new, they decided to relocate to Indianapolis. First employed at the Department of Health, Tina was thrilled to see an opening in the School and Community Nutrition Department at the

Department of Education and applied, hoping to rejoin the program she loves. Tina currently serves as the Claims and Reporting Specialist for all Child Nutrition Programs.

Tina and her husband now live in the Butler University area and spend their time tending to their 2 dogs, 1 cat and their “new” old house. They love the outdoors, camping and hiking and look forward to exploring Indiana. If you have suggestions for places for “newbies” to visit or if you just want to say hi, feel free to email Tina at [cherzog@doe.in.gov](mailto:cherzog@doe.in.gov).

## Please Welcome Our New Sponsors

- |   |              |                                |
|---|--------------|--------------------------------|
| • Emmaus Lutheran Church                        | Indianapolis | CACFP Contact: Jodi Giorgianni |
| • Indiana Communities for Drug Free Youth, Inc. | Terre Haute  | CACFP Contact: Ann Jones       |
| • Transition Resources Corporation              | Indianapolis | CACFP Contact: Sherry Edwards  |



## Events Calendar

Note: All workshops and training will be provided in conference rooms at the Indiana Government Center South (IGCS). Attendees must enter at the 302 West Washington Street door. You will need a photo ID for admittance to the building.

- |                               |                           |  |
|-------------------------------|---------------------------|--|
| ⊕ Monday, October 8           | Columbus Day              | State Offices Closed                             |
| ⊕ <b>Thursday, October 25</b> | <b>Refresher Workshop</b> | <b>IGCS, Conference Room 18-9 a.m. to 4 p.m.</b> |
| ⊕ Tuesday, November 6         | Election Day              | State Offices Closed                             |
| ⊕ Monday, November 12         | Veterans Day              | State Offices Closed                             |
| ⊕ Thursday, November 22       | Thanksgiving              | State Offices Closed                             |
| ⊕ Friday, November 23         | Thanksgiving              | State Offices Closed                             |
| ⊕ Monday, December 24         | Christmas Eve             | State Offices Closed                             |
| ⊕ Tuesday, December 25        | Christmas Day             | State Offices Closed                             |

New Sponsor Training is also available on-line at:

<http://www.doe.in.gov/student-services/nutrition/cacfp-online-new-sponsor-training>

## Did You Know... About Our Online Resources?



The CACFP ONLINE TRAINING LIBRARY contains several recorded trainings, such as Food Safety, Form Completion, Menus, Special Dietary Needs, and more. Visit the Online Training Library on our CACFP web page at <http://www.doe.in.gov/student-services/nutrition/cacfp-online-training-library> to view these trainings. Notify the State Agency if you have a topic you would like to see us add to the training library.

Visit [www.doe.in.gov/cacfp](http://www.doe.in.gov/cacfp) to learn more.

## Red and Orange Vegetables

Red and orange vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A which keeps eyes and skin healthy and helps to protect against infections, and vitamin C which helps heal cuts and wounds, aids in iron absorption, and keeps teeth and gums healthy. Dietary fiber from these type of vegetables helps reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function. It helps reduce constipation. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.

Here are some great vegetables to include in your facility's meals:



Peanut butter isn't just for celery anymore. **Carrots** dipped in peanut butter make a tasty and filling snack that any child will enjoy!



Purée, roast or steam **acorn squash** and use it as a sauce over pasta or with meats.



Add **butternut squash** to make a delicious vegetable soup.



Incorporate pureed **hubbard squash** into bread batters to make them nutritious and flavorful!



**Pumpkins** are great to use in baked goods like muffins, cookies, or pies.



**Sweet potato** fries make a delicious treat. Quarter sweet potatoes and drizzle with olive oil. Bake at 400 degrees for 40-60 minutes. For a spicy twist, add a dash of cayenne pepper.



Dice **red pepper** and toss it on a pizza before baking, into pasta sauce as it cooks, or into an omelet before you fold it.



Use fresh or canned **tomatoes** to make a marinara sauce for pasta dishes.

## **Cheese Sauce for Vegetables**

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A drizzle of cheese sauce may help some children eat their vegetables. This is a very easy and quick recipe for a kid friendly cheese sauce.

### Ingredients:

1 cup Low-fat milk (divided into 2 half cup portions)  
2 Tbsp Flour  
1/8 tsp Pepper  
1/2 cup Shredded sharp cheddar cheese

1. Combine 1/2 cup milk with flour in covered container and shake well to avoid lumps.
2. Pour into a microwave safe bowl along with the rest of the milk and pepper.
3. Cook in the microwave on high for 3-4 minutes, stirring with a wire whisk every 30 seconds until thick.
4. Add cheese and stir until melted.

Source: Nebraska Department of Education's *What's Cooking II*  
[http://www.education.ne.gov/NS/CACFP/WhatsCookin/Whats\\_Cookin\\_II\\_complete.pdf](http://www.education.ne.gov/NS/CACFP/WhatsCookin/Whats_Cookin_II_complete.pdf)



Indiana Department of Education  
SUPPORTING STUDENT SUCCESS

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-Dr. Tony Bennett, State Superintendent of Public Instruction.